

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Feel Constipated

Look at patterns gently and know when to seek advice

Constipation is common, and what is normal varies from person to person. Frequency, comfort, stool consistency and changes from your usual pattern all matter.

Space to Breathe Therapy

What could my body be telling me?

Constipation is common, and what is normal varies from person to person. Frequency, comfort, stool consistency and changes from your usual pattern all matter.

Possible contributors

- Not drinking enough or eating less than usual
- Changes in fibre, movement, routine or access to a toilet
- Stress, medication, pain or another health condition

Look for patterns, not one explanation

Body sensations often have several possible causes. Consider timing, repetition, associated symptoms and what is different from your usual pattern. This resource supports reflection; it does not diagnose.

A practical response

Pause, notice and respond

- 1 Notice when you last opened your bowels and whether this differs from usual.
- 2 Record discomfort, straining and stool consistency.
- 3 Review fluids, food, movement, routine and medication changes.
- 4 Try only safe, gradual changes and ask a pharmacist or clinician for guidance.

Use the information safely

Notice whether the symptom is new, severe, persistent or affecting daily life. Use appropriate professional support rather than making major changes to food, medication or treatment by yourself.

Your symptom reflection

My usual pattern

What has changed

Comfort or pain

Food and fluids

Medication or routine changes

Support or advice needed

When to seek support

Seek urgent help for severe abdominal pain, vomiting, a swollen abdomen, inability to pass wind, significant bleeding or sudden constipation with serious illness.